

CLASS NAME | Octane Fitness team workout -- Monday 11/25

CLASS GOAL | Strength building

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Supine chest press - legs in bridge	Medium to heavy weight/resistance bands
7-9	CARDIO	
9-11	Lawnmower - R	1 medium to heavy weight/resistance band
11-13	CARDIO	
13-15	Lawnmower - L	1 medium to heavy weight/resistance band
15-17	CARDIO	
17-19	Standing angled bicep curls	Medium to heavy weight/resistance bands
19-21	CARDIO	
21-23	Right squat to Right reverse lunge	Medium to heavy weight/ resistance bands on shoulders
23-25	CARDIO	
25-27	Left squat to Left reverse lunge	Medium to heavy weight/ resistance bands on shoulders
27-29	CARDIO	
29-31	Right single arm tricep overhead with overhead press	1 medium to heavy weight/resistance band
31-33	CARDIO	
33-35	Left single arm tricep overhead with overhead press	1 medium to heavy weight/resistance band
35-37	CARDIO	
37-39	Standing reverse curls	Light to medium weight/resistance bands
39-41	CARDIO	
41-43	Pliat squat hold with isometric chest press	
43-45	COOL DOWN	